Family & Consumer Club

Volume I, Issue 1 *Panther Valley Junior Senior High School* *October 2024*

Membership
Open to grades 7–12

Meeting Times
Tuesdays, 2:15–3:30 p.m.

Meeting Location
High School, Room 63B

Advisor
Mr. J. Costa
costaj@panthervalley.org
Phone Extension #4112

About the Club
The purpose of the Family and Consumer Club is to help students gain real-world skills needed for adulthood. These include cooking, sewing, communication, and child development. We also share information about career paths in the fields of hospitality, culinary arts, education, childcare, and textiles, among others.

Social Media
Follow us on Instagram!
@pvfamilyconsumerclub

From left: Jake Kattner, Paige Goida, Caleb Lockwitch, Nevele Matias, and Austin Chapman during the guacamole workshop.

Off to a Great Start!

By Mr. Costa

Panther Valley's Family and Consumer Club had its first meeting in September, 2024. The enthusiasm for this new club could be felt immediately and continues with each passing week. Each week, we hold a workshop that provides training in a particular skill that young adults often encounter. Our club members have enjoyed honing their skills in cooking and clothing care. We are looking forward to a productive and fun year ahead.

Announcements

Fundraising
Our first club fundraiser will be announced at the 11/5 meeting

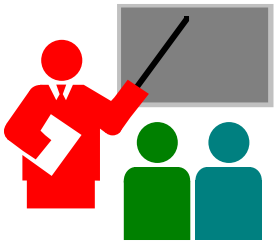
Celebrate FCS Week
December 2–6
Ideas will be presented

Field Trip Ideas
Ideas for a spring field trip will be shared

Student Profile: Jake Kattner

By Mr. Costa

Starting high school is full of new beginnings, and for Jake Kattner, the Family & Consumer Club was one of several new beginnings this year. Jake, who is a freshman at Panther Valley, was one of the first students to join the club this year. "When I heard that we would be cooking, I immediately said 'I'm in'" said Jake. "Then, I looked up what 'Family and Consumer Science' meant, and it sounded pretty interesting." When asked what goals he has for the club, he mentioned fundraising and planning field trips. Jake's favorite part of Family & Consumer Club has been the cooking workshops. "I've been cooking more at home since joining the club," he said." Thank you, Jake, for your enthusiasm!



Calling All Parents!

If you are interested in volunteering to assist with future events of the Family & Consumer Club, please email Mr. Costa at costaj@panthervalley.org. Any and all help is greatly appreciated!

Family & Consumer Club Newsletter

This newsletter is published each quarter
to highlight the events and activities of
The Family & Consumer Club
at Panther Valley Junior Senior High School

Editor..... Mr. Costa
Photography..... Mr. Costa
Graphics..... Jake Kattner

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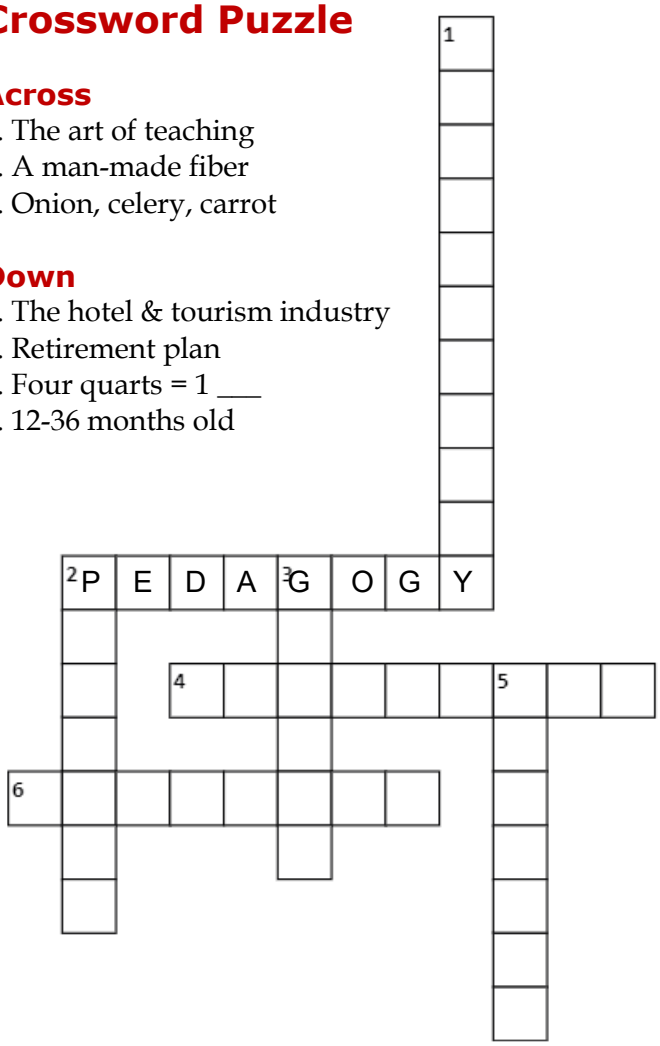
Crossword Puzzle

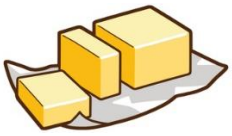
Across

2. The art of teaching
4. A man-made fiber
6. Onion, celery, carrot

Down

1. The hotel & tourism industry
2. Retirement plan
3. Four quarts = 1 ___
5. 12-36 months old





Try It! Clarifying Butter

By Mr. Costa

Clarified butter cooks faster and is free of lactose.
Place a stick of butter in a saucepan, medium heat.
The frothy milkfat will separate at the top.
Use a spoon to strain the milkfat out of the butter.
What remains should be golden and transparent.

- ***Ghee*** *is a type of clarified butter sold in stores.*

Family and Consumer Sciences is the people-centered science, focused on supporting individuals, families, and communities live healthy successful lives through the provision of education, research, and technology.

- *American Association of Family & Consumer Sciences (AAFCS)*